Screen Time and Your Child

SANFORD Children's

What Is Screen Time?

This is time spent viewing a screen such as a TV, phone, tablet, or computer. It is important to be aware of how much screen time your child has each day.

How Can Too Much Screen Time Affect Children?

Too much screen time can lead to problems with behavior, language development, and attention.

What Is the Recommended Amount?

0 hours
each day
0 to **2**
years old

1 hours
each day
3 to **5**
years old

2 hours
each day
6 to **12**
years old

How Can You Help?

It is important to add other activities to your child's day for their development. Hands-on, interactive play may include:

- Reading
- Singing
- Playing
- Arts and crafts

Questions?

Call your child's provider for any questions you have.

Provider Name: _____

Phone Number: _____